

CLAIMS

1. A method for storing and retrieving personal information adapted to improve the level of contentment of a user, comprising:
 - a) Providing a database, for storing therein and retrieving therefrom information related to sources of contentment, each of said sources of contentment being associated with a different aspect of said user's life;
 - b) Determining categories by which said information is to be stored in and retrieved from said database;
 - c) Updating said database by storing information related to a source of contentment, said information being stored in a unique location of said database and categorized according to a definition of each of said categories;
 - d) Allowing said user to access one or more unique locations of said database in which categorized information of interest is stored;
 - e) Transmitting and/or displaying to a user interface, upon request from said user, said categorized information of interest; and
 - f) Reviewing said transmitted and/or displayed categorized information of interest.
2. A method according to claim 1, wherein the categorized information is arranged by divisions such that each category is divided into groups, each group being divided into properties and each property being divided into details.
3. A method according to claim 2, wherein the categorized information is transmitted and/or displayed after the user requests to browse the

stored categorized information and selects a desired division from a list of corresponding divisions.

4. A method according to claim 3, wherein the list of divisions transmitted and/or displayed to the user lists only those divisions for which information has been stored.
5. A method according to claim 4, wherein all information stored in the database will be transmitted to the user, upon request from the user, according to the division in which it was stored.
6. A method according to claim 1, wherein the information is selected from the group of voice information, digital information, multimedia information and textual information.
7. A method according to claim 1, wherein the user interface is selected from the group of TUI (Telephonic User Interface), GUI (Graphical User Interface), an interactive television user interface and a text-based user interface.
8. A method according to claim 1, wherein the database is accessible through a data network.
9. A method according to claim 8, wherein the data network is selected from the group of a telephone network, an Internet network, an Intranet network, and a television network of coaxial cables.
10. A method according to claim 1, wherein authorization is required prior to updating the database or browsing the stored categorized information.

- 11.A method according to claim 10, wherein the database can be updated by authorized individuals, in addition to the user.
- 12.A method according to claim 2, wherein the database is at least one board adapted for use in a card game, each of said boards being divided into a number of cells which are arranged as a table of rows and columns, such that each cell corresponds to a different division of categorized information, whereby a player updates the database by placing a card on which is written information related to a source of contentment into a desired cell.
- 13.A method of claim 1, wherein the user becomes accustomed to viewing his life from an optimistic perspective by retrieving the stored categorized information on a regular basis.
- 14.A system for improving storing and receiving personal information adapted to improve the level of contentment of a user, comprising:
- A database, for storing therein and retrieving therefrom categorized information related to sources of contentment, each of said sources of contentment being associated with a different aspect of said user's life;
 - A controller, for managing transmission of information between said user and said database;
 - A user interface for communicating with said controller; and
 - A contentment source guide transmitted by said controller to said user interface which lists divisions of categorized information upon selection of a desired type of division by said user, information being stored in and retrieved from said database according to a selected division included within a list of said desired type of division,

said controller being adapted to transmit from said database to said user interface, upon request from said user, stored categorized information according to each division selected by the user.

15.A system according to claim 14, wherein the divisions of categorized information are arranged by categories, each category being divided into groups, each group being divided into properties and each property being divided into details.

16.A system according to claim 14, wherein the information is selected from the group of voice information, digital information, multimedia information and textual information.

17.A system according to claim 14, wherein the user interface is selected from the group of TUI (Telephonic User Interface), GUI (Graphical User Interface), an interactive television user interface and a text-based user interface.

18.A system according to claim 14, wherein the database is accessible through a data network.

19.A system according to claim 18, wherein the data network is selected from the group of a telephone network, an Internet network, an Intranet network, and a television network of coaxial cables.

20.A system according to claim 14, wherein the contentment source guide is selected from the group of an audible menu, graphic menu and textual menu.

21. Systems according to claim 14, wherein the database, system manager and user interface are hosted by a personal computer.